

Fig. 1

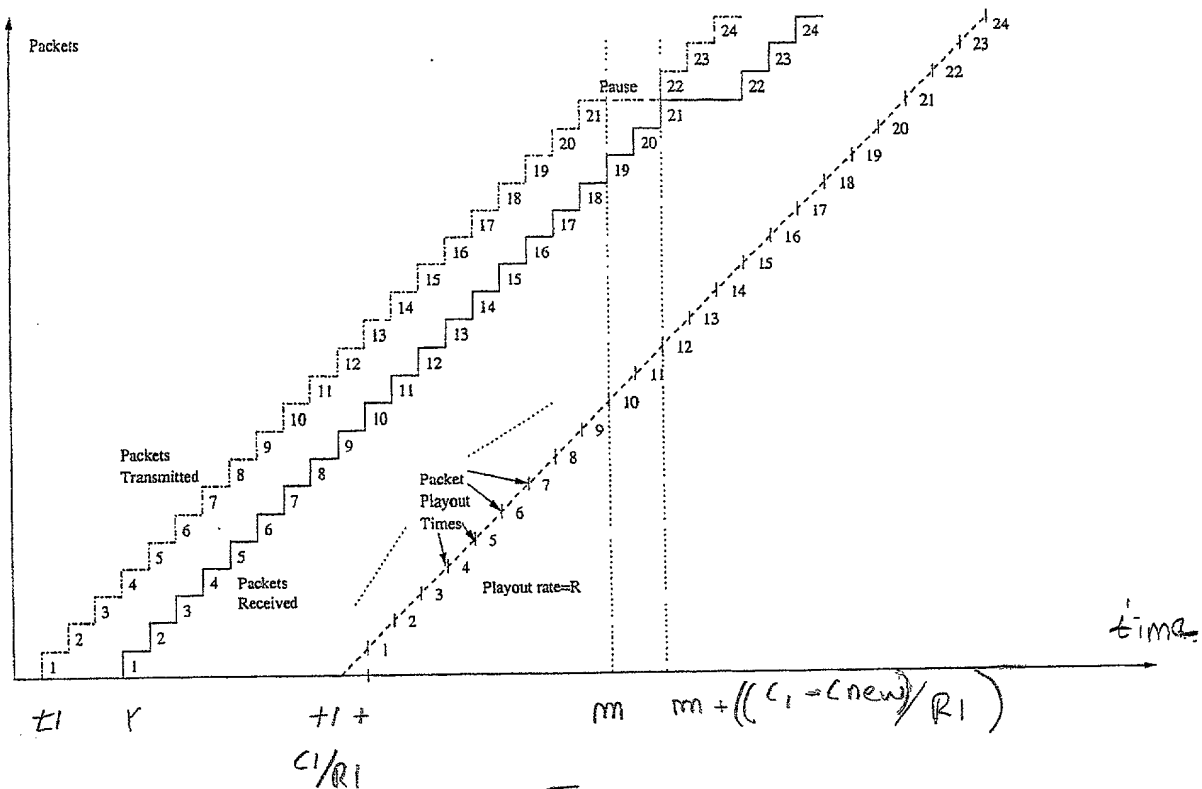


Fig. 2

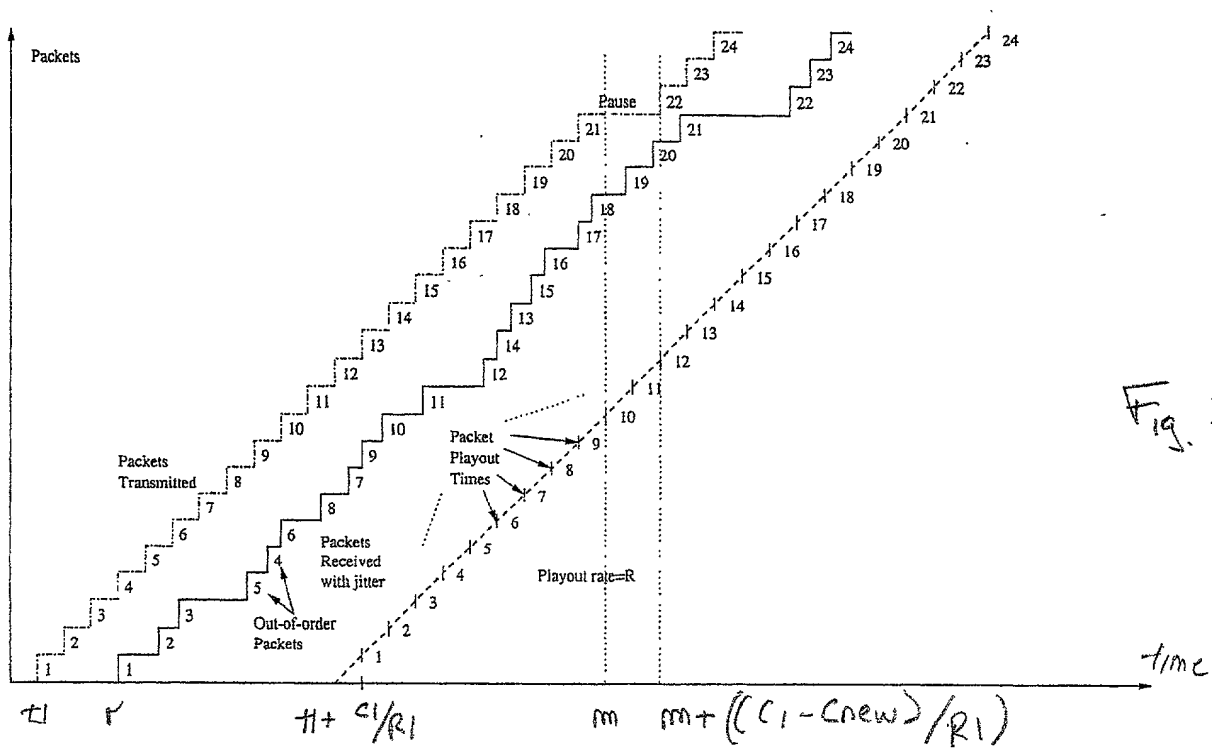


Fig. 3

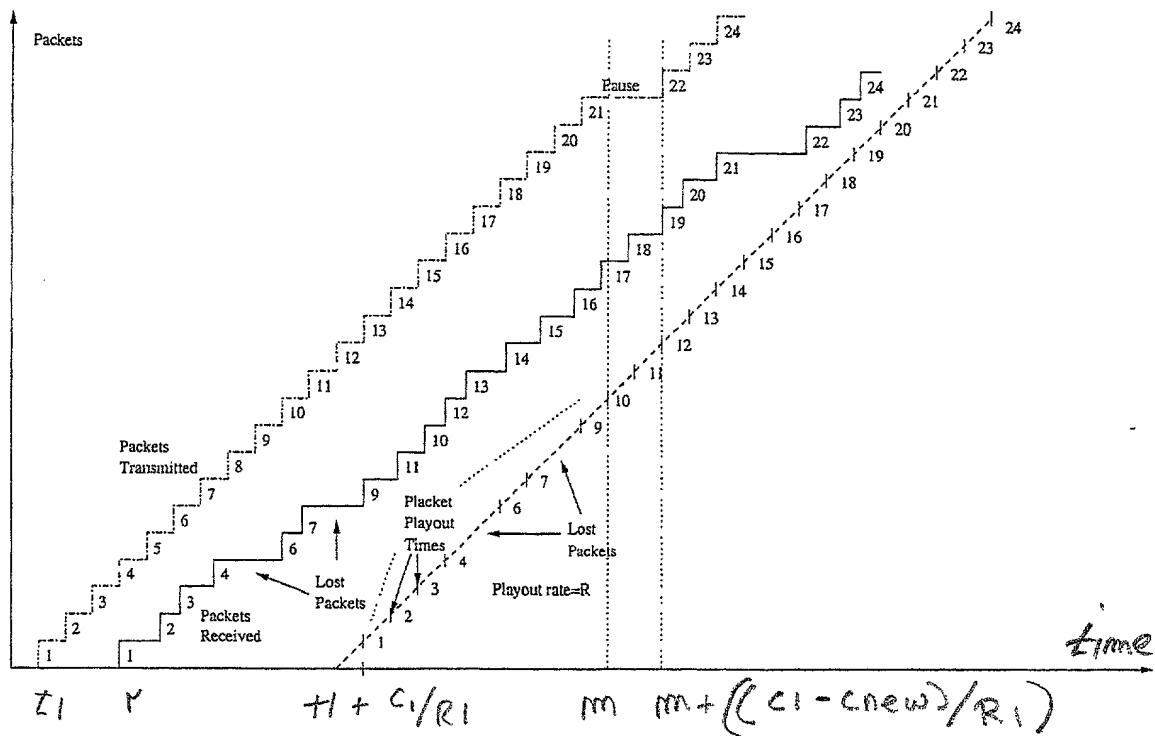


Fig. 4

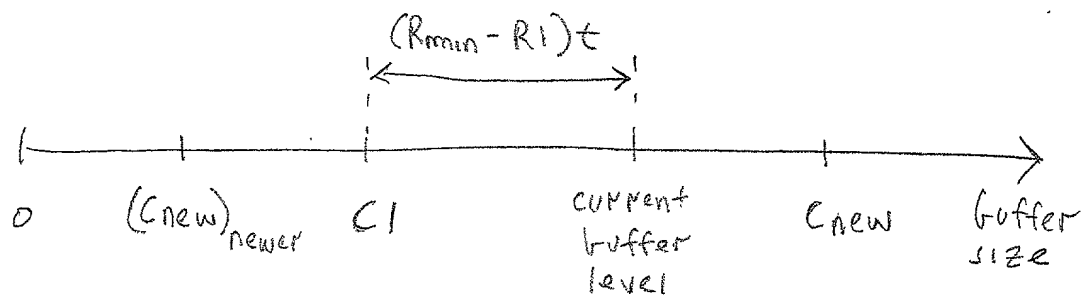


Fig. 5a

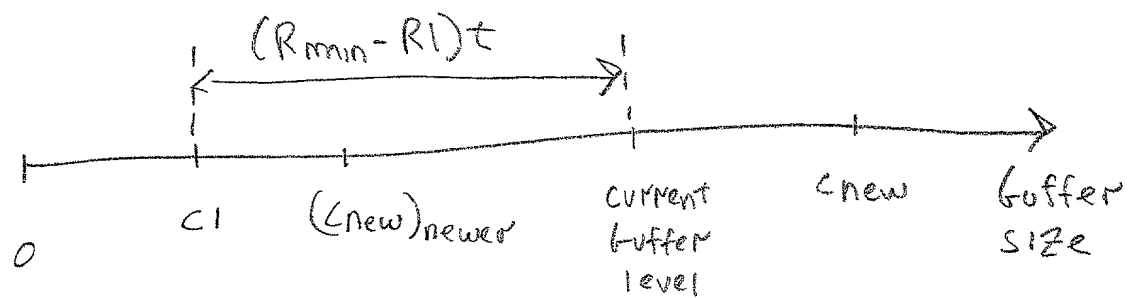


Fig. 56

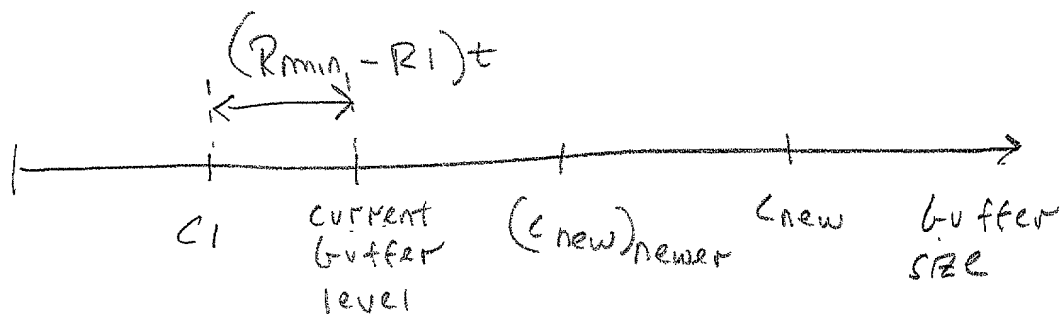
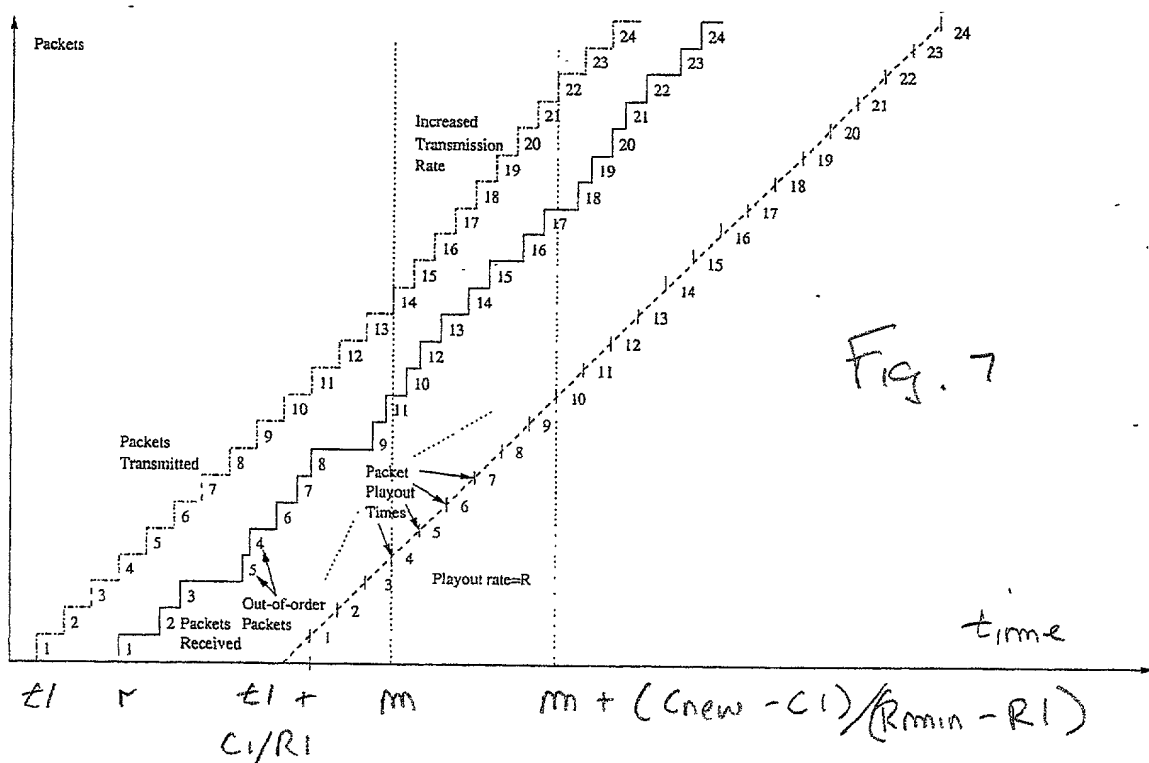
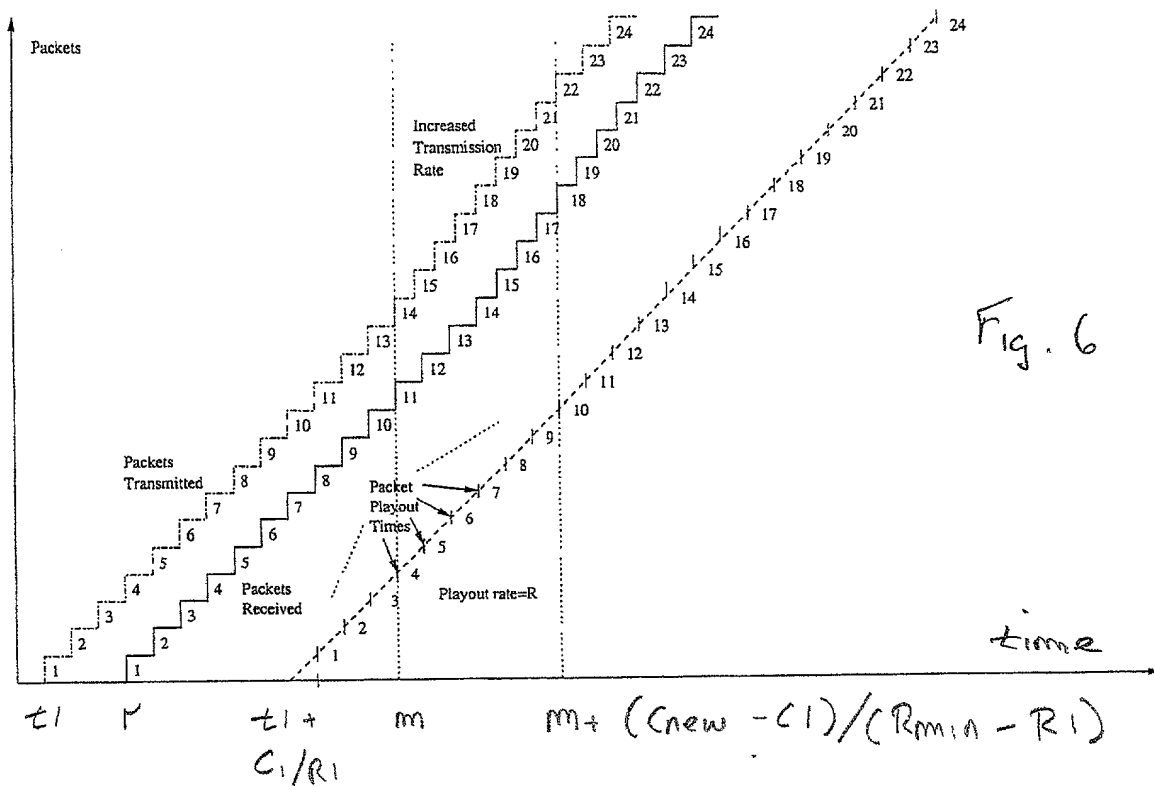


Fig. 5c





Start

5900

Communicating CI 5901

supplying media stream at 1st bitrate  $R_1$

## determining network delivery requirements

polling to determine buffering capacities

determining smallest buffering capacity

selecting  $C1$  5904c

changing clients

determining  $C_{new}$  905b

IS  $C_{new} \rightarrow C_1$

determining disruption

## Communicating Crew

determining  $R_{min}$

4. tracking current buffer level (cc)

Tracking Cnew  
(target\_buffer\_level)

Determining  $C_c$

$$15 \quad c_{\text{new}} < c_0$$

TO Fig. 96

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital status	0.6	0.5	0	1
Education	12.5	1.5	9	16
Income	15.2	8.5	5	35
Occupation	1.2	0.8	0	2
Health status	1.5	0.5	1	2
Stress level	2.5	1.2	1	4
Life satisfaction	3.5	1.5	1	5
Resilience	4.5	1.5	1	6
Optimism	5.5	1.5	1	7
Self-efficacy	6.5	1.5	1	8
Emotional stability	7.5	1.5	1	9
Prosocial behavior	8.5	1.5	1	10
Empathy	9.5	1.5	1	11
Altruism	10.5	1.5	1	12
Compassion	11.5	1.5	1	13
Kindness	12.5	1.5	1	14
Generosity	13.5	1.5	1	15
Helpfulness	14.5	1.5	1	16
Cooperativeness	15.5	1.5	1	17
Teamwork	16.5	1.5	1	18
Leadership	17.5	1.5	1	19
Communication	18.5	1.5	1	20
Conflict resolution	19.5	1.5	1	21
Problem solving	20.5	1.5	1	22
Decision making	21.5	1.5	1	23
Goal setting	22.5	1.5	1	24
Time management	23.5	1.5	1	25
Organization	24.5	1.5	1	26
Productivity	25.5	1.5	1	27
Efficiency	26.5	1.5	1	28
Quality of work	27.5	1.5	1	29
Job satisfaction	28.5	1.5	1	30
Commitment	29.5	1.5	1	31
Engagement	30.5	1.5	1	32
Performance	31.5	1.5	1	33
Feedback	32.5	1.5	1	34
Learning	33.5	1.5	1	35
Growth	34.5	1.5	1	36
Development	35.5	1.5	1	37
Progress	36.5	1.5	1	38
Success	37.5	1.5	1	39
Achievement	38.5	1.5	1	40
Recognition	39.5	1.5	1	41
Respect	40.5	1.5	1	42
Equality	41.5	1.5	1	43
Justice	42.5	1.5	1	44
Fairness	43.5	1.5	1	45
Integrity	44.5	1.5	1	46
Honesty	45.5	1.5	1	47
Trustworthiness	46.5	1.5	1	48
Reliability	47.5	1.5	1	49
Consistency	48.5	1.5	1	50
Stability	49.5	1.5	1	51
Endurance	50.5	1.5	1	52
Persistence	51.5	1.5	1	53
Perseverance	52.5	1.5	1	54
Fortitude	53.5	1.5	1	55
Courage	54.5	1.5	1	56
Bravery	55.5	1.5	1	57
Valiance	56.5	1.5	1	58
Heroism	57.5	1.5	1	59
Chivalry	58.5	1.5	1	60
Knighthood	59.5	1.5	1	61
Paladin	60.5	1.5	1	62
Warrior	61.5	1.5	1	63
Fighter	62.5	1.5	1	64
Gladiator	63.5	1.5	1	65
Samurai	64.5	1.5	1	66
Shogun	65.5	1.5	1	67
Emperor	66.5	1.5	1	68
King	67.5	1.5	1	69
Ruler	68.5	1.5	1	70
Monarch	69.5	1.5	1	71
Sovereign	70.5	1.5	1	72
Autocrat	71.5	1.5	1	73
Despot	72.5	1.5	1	74
Tyrant	73.5	1.5	1	75
Oppressor	74.5	1.5	1	76
Abuser	75.5	1.5	1	77
Persecutor	76.5	1.5	1	78
Evil	77.5	1.5	1	

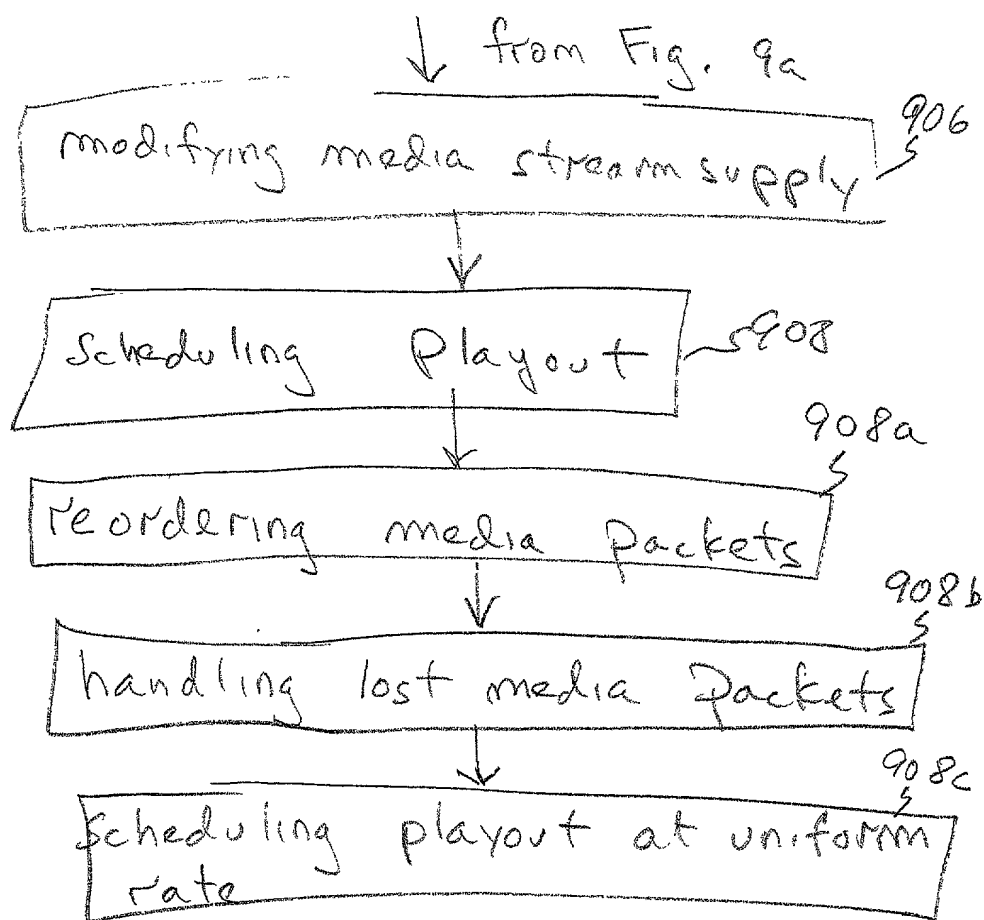


Fig. 9b